

November Activities - Urbana 50+ Community Center

Offering fitness, enrichment & social opportunities for ages 50+

UrbanaSeniorCenter@FrederickCountyMD.gov 301-600-7020

www.FrederickCountyMD.gov/seniorservices

Facebook: [Urbana Senior Center - Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk *. Activities are subject to change.		Lunch is served every day at Noon. See the menu for more information.	
4 Med D Appointments 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge 11:30 *Advanced Tai Chi 12:45 *Yoga 1:00 Rummikub 1:15 Book Club: "Where the Crawdads Sing"	5 9:30 Daily Exercise 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 1:00 *More Trains Around North America 3:00 *Watercolor Class 4:30 Center closed 5:00 *Supper Club Silver Diner	6 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 11:30 Nutrition with Thu: "Fueling the Mind" 11:30 *Yoga 12:45 *Meditation 1:00 Cards/Games 1:00 Artful Creations Thanksgiving Lunch Favors	7 9:30 Strength Training 9:30 *English Conversation Class 10:45 Daily Exercise 9:30 *English Conversation Class 11:15 Falls Prevention 1:00 Cards & Games 1:15 *Line Dancing
11 Center is Closed  VETERANS DAY	12 Nutrition Minute "Pumpkin Nutrition & Recipes" 9:30 Daily Exercise 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Supper: Pizza 6:00 *Tasting Tuesday: "Preserving Your Harvest & Bulk Purchases"	13 Nutrition Minute "Pumpkin Nutrition & Recipes" 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 11:30 Chat with Joy: "Habitat for Humanity" 11:30 *Yoga 12:45 *Meditation 1:00 Cards/Games 1:00 *Fresh Conversations: "Heart Disease"	14 Nutrition Minute "Pumpkin Nutrition & Recipes" 9:30 Strength Training 9:30 *English Conversation Class 10:45 Daily Exercise 10:45 *English Conversation Class 11:00 Blood Pressure Screening 11:45 *Lunch with Nurse Steve: "My fingernails look so different" 1:00 Cards & Games 1:15 *Line Dancing
18 Health Education 101 "Diabetic Eye Disease" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge 11:30 *Advanced Tai Chi 1:00 Rummikub	19 Health Education 101 "Diabetic Eye Disease" 9:30 Daily Exercise 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Supper: Fried Chicken 6:00 *Inside Scoop: Managing COPD	20 Health Education 101 "Diabetic Eye Disease" 9:30 Daily Exercise 10:00 Bridge 10:15 Silver Platter Video "Easy Pumpkin Soup" 10:45 Daily Exercise 1:00 Cards/Games 1:30 *Virtual Reality	21 Health Education 101 "Diabetic Eye Disease" 9:30 Strength Training 9:30 *English Conversation Class 10:15 TED Talk Discussion "How to ask for help & get a yes" 10:45 Daily Exercise 10:45 *English Conversation Class 12:30 Personal Safety 1:00 Cards & Games 1:00 *Movie Matinee: "Pieces of April" 1:15 *Line Dancing
25 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge 11:30 *Advanced Tai Chi 12:45 *Yoga 1:00 Rummikub	26 Med D Appointments 9:30 Daily Exercise 10:45 Daily Exercise Noon *Thanksgiving Lunch 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Supper: Hot Dogs 6:00 Cards & Games	27 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 11:30 *Yoga 12:45 *Meditation 1:00 Cards/Games	28 Center is Closed  THANKSGIVING

(see other side for program highlights)